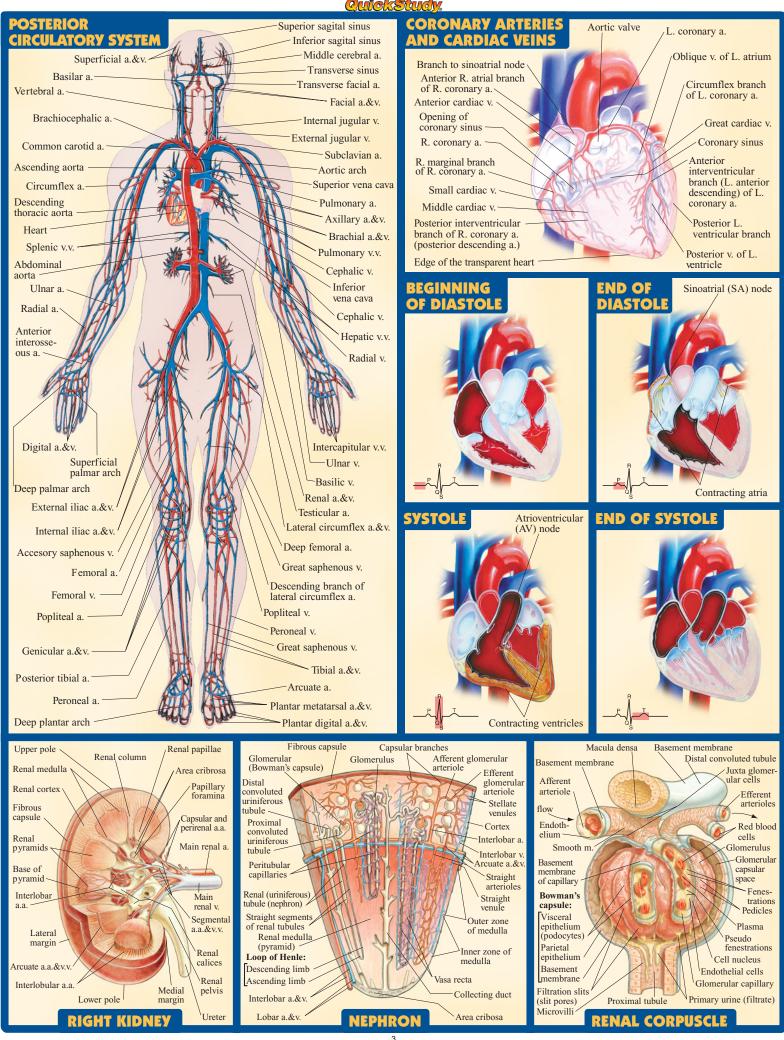


QuickStudy.



QuickStudy. DEEP MUSCLES Nasalis Lateral nasal cartilage Corrugator supercilii Temporalis Splenius capitis Superior & inferior tarsus Greater alar cartilage Semispinalis capitis Levator labii superioris Diagastric posterior belly Levator anguli oris Longus capitis Splenius cervicis Temporalis Incisivus labii Zygomatic major Splenius cervicis Longus capitis Levator scapulae Zygomatic minor superioris Scalenus medius Levator Omohyoid (inferior belly) Incisivus labii Splenius capitis Levator labii anguli oris Scalenus posterior aleque nasi Serratus posterior superior Scalenus medius Buccinator Rhomboid minor Buccinator · Mentalis Orbicularis oris Scalenus anterior Supraspinatus Rhomboid major Masseter Thyrohyoid Scalenus posterior -Depressor Latissimus dorsi Infraspinatus Depressor labii inferioris anguli oris (scapular slip) Levator scapulae Scalenus medius Iliocostalis Omohyoid (superior belly) Diagastric anterior belly Teres minor Supraspinatus Scalenus thoracis Erector spinae: Subclavius anterior Infraspinatus Serratus anterior Constrictor Spinalis thoracis Supraspinatus Biceps brachii longhead** Triceps brachii Serratus pharangeus (medial head) Longissimus Omohyoid (inferior belly) anterior Omohyoid Serratus Scalenus posterior Iliocostalis posterior inferior Subscapularis Sternohyoid Latissimus dorsi Erector lumborum Sternohyoid -Pectoralis major Lung Internus Brachialis Pectoralis minor External oblique Transverse Coracobrachialis Serratus intercostal Biceps brachii abdominis posterior inferior -Supinator Sternothyroid Abductor Internal intercostal Biceps brachii long head pollicis longus Abductor pollicis longus Serratus anterior Gluteus (9 slips) Internal Ex. pollicis longus minimus Ex Ex. pollicis brevis pollicis intercostals Brachialis Piriformis Internus longus* Supinator oblique Ex. indicis Fl. pollicis Transversus thoracis Externus oblique** ongus Gluteus Iliopsoas minimus Fl. digitorum Inguinal 1. Palmar profundis Adductor Dorsal interosseous interosseous Biceps Innermost intercostals Lumbricales femoris Superior gemellus Adductor Transverse abdominis pollicis Sartorius Quadratus femoris Fl. retinaculum Linea alba Adductor minimus part of adductor magnus — Obturator internus Vastus lateralis Rectus Fl. carpi Obturator externus Arcuate line femoris Obturator internus Obturator externus Annular 1. Inferior gemellus Soleus Coccygeus Fl. digitorum superficialis Adductor brevis Sacrotuberous 1. Adductor brevis intermedius Adductor longus** Adductor magnus Vastus intermedius Gluteus minimus Ex. digitorum Adductor magnus Peroneus Internus oblique Iliopsoas — Levator ani Tendinous arch Biceps femoris (short head) Pectineous Adductor longus Semimembranosus vastus intermedius Tibialis anterior Iliotibial band** Fl. hallicus Popliteus External anal sphincter Soleus longus Plantaris Peroneus longus Gastrocnemius Ex. digitorum longus Soleus Tibialis posterior medial head Fl. digitorum Peroneus tertius Peroneus brevis Peroneus longus tendon Fl. digitorum Peroneus brevis Peroneus tertius** Peroneus brevis Peroneal Ex. hallucis longus retinaculum Ex. digitorum brevis Quadratus plantae Fl. hallucis longus Fl. digiti Dorsal interosseous Fl. digitorum longus Ex. hallucis brevis minimi brevis Plantar interosseous Fl. hallucis brevis Abductor hallucis Fl. hallucis longus Adductor hallucis **LATERAL ANTERIOR POSTERIOR** MUSCLE MICRO STRUCTURE MUSCLES OF RESPIRATION Arrows = direction Actin molecule Tropomyosin molecule Extensor indicis Scalenes: Myosin molecules Anterior Head Troponin molecule Middle ↑ Sternocleidomastoid Posterior ----Z band I band Thin filament Thick filament External A band Sarcomere H zone M band intercostals 1 ↑ External intercostals Myofibril Z band A band Interchondral part M band ↓ Internal of internal band intercostals 1 Sarcoplasmic reticulum intercostals Mitochondria External oblique ✓ Muscle fibre transverse tubule ↓ Innermost Satellite cell Mitochondria intercostals Sarcoplasm Sarcolemma Neurovascular bundle Rectus abdominis ↓ Nucleus ↓ Diaphragm Basement membrane oblique (basal lamina) Arterv External oblique Z Fascicle Tendon ↓ Quadratus Endomysium lumborum Transverse

Inguinal 1.

Motor n.

Perimysium Endomysium

Perimysium

Epimysium

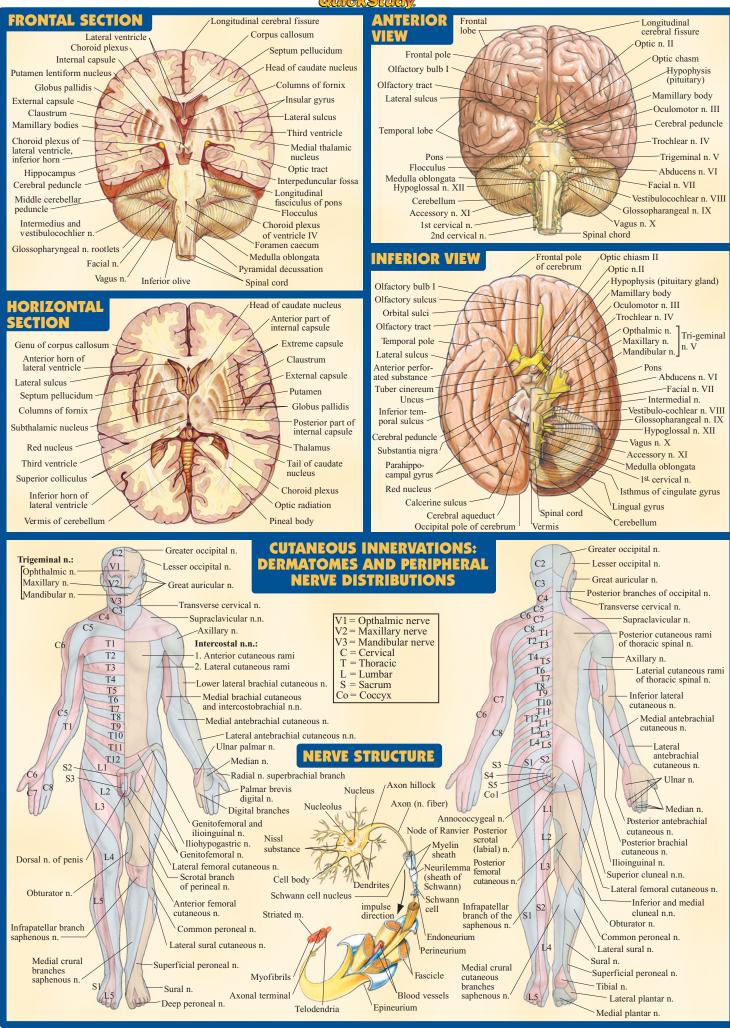
Muscle insertion

abdominis →

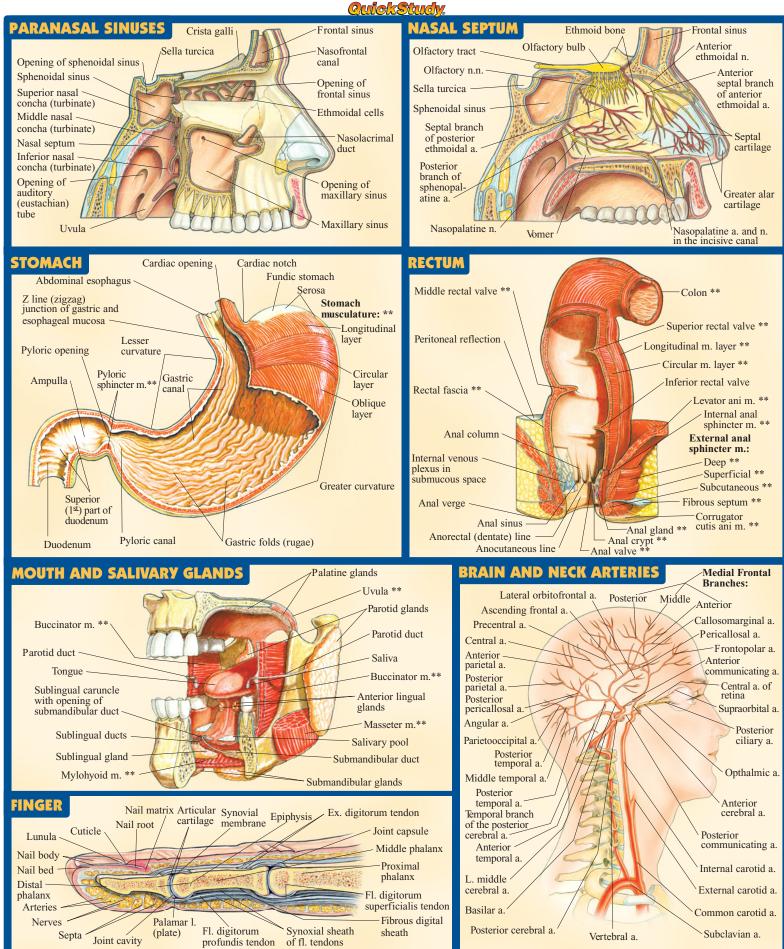
Anterior superior

iliac spine

<u>QuickStudy.</u>



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NOTE TO STUDENT

Use this comprehensive study guide in the classroom, in the gym, at home or anywhere you need complete anatomical information. This guide is not designed to take the place of classroom attendance.

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